1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1
[Winter] Peloponnesos

221 lard; we have bought our oil, our kerosene, salt; we have made *trachanas*
252 [wheat coarsely cut, cooked in milk, dried, and then recooked into a soup or porridge]; our wood is gathered for the fireplace and the oven. In winter we get up before the light. The nights are long and we get our full sleep.
512 We go to bed as soon as it darkens. The older people go to bed with the
221 chickens. For that reason we get up when it is still dark with the third
[354] crowing of the rooster, who wakes us all up. The fireplace is going night
[513] and day. In one corner sleep grandpa and grandma. In another corner the wife and husband. All around sleep the children. It is the house of the poor. The first to waken up is grandma, who puts the water on the fire for the trachanas; she next wakes grandpa and the housewife, and when the trachanas is ready we all get up. The trachanas is poured by the mother into the
264 deep soup plates and we all eat it hot around the fire. With the trachanas
[273] we eat olives, cheese, and we also drink some wine. Wine is never missing. When the children are many, the mother makes breadcrumbs, throws them into the saucepan, gives a spoon to each child and they all eat the trachanas. When the trachanas is nearly finished then it is a madhouse. The children each try to eat the biggest crumb; the crust of the trachanas is around the edges of the pan and at the bottom. Great laughter is heard when the crust is snatched away from one spoon to another.

512 The children who go to school go out to the fountain, wash a bit their
221 faces, and when they hear the bell, pick up their booksacks and go to school. Whoever's turn it is to light the stove in the school has to go before
[515] the others; each child has to take a log. Thus the stove gets fed and all the
[872] children keep warm. Those who remain in the house do the housework. The women spin, look after the animals, even weave. The men turn a little around in circles, do some small jobs and go to the shops. Whoever has a
[224] gun takes his dog and goes rabbit hunting. The children who are too small to go to school roll themselves on the floor, sit by the fire which they feed.
[861] What jobs could they do anyhow? Only damage can they do and then they
[462] are spanked. The winter is for women's tasks. Then the women have time to weave, to darn, to spin. When it rains and snows it is a calamity. Mud! Nobody can get dried out; it's nice in winter when the sun appears. Then all of us like foxes try to catch a sunny spot. There we sit and talk of our own affairs. The children play with snowballs. When the sun sets we all snuggle near the fireplace whilst others go to the shops. If anybody has a task he first finishes it and then sits down.

221 In the shops we gather and play cards. We talk to each other, we tease
796 each other, we quarrel and we shout a bit. From the cigarette smoke one cannot see another; when the *dodekaïmera* [December 25 to January 6
[517] holidays] start, the women stop weaving and the other tasks and start baking
[252] *christopsoma* [Christmas bread], ring cookies, St. Basil's cake, put the house in order, and whatever other tasks belong to the dodekaïmera. The

1:Sanders Z-54 (1952-1959) 1962 EH1 Greece
Vlachs EH15

covered with homemade blankets. The necessary water cask was also there. As we sat in front of the tent, we saw a scene of unusual beauty. The sun, setting in a red splash behind the Albanian mountains, was reflected in the Aoos River flowing in a small stream through its broad gravel bed; off to our right, the town of Konitsa spread like a jeweled fan up the hill. When we stood to warm ourselves at the fire, we saw a three-quarter moon rising behind the black mountain which towered just behind the tents, the moonlight on its patches of snow. The smoke of the campfire, the dogs barking, the puppies and lambs romping in the tent, the occasional neighing of the hobbled horses, made a scene that was distinct from the usual Greek evening landscape. It was incredibly different in time, too, from the atomic age, although in space only a score of miles from the Iron Curtain and twenty-eight flying hours from New York.

Berates' daughter, Vasilike, had been engaged for two years to a boy whom she had never seen but who was picked out for her by her father. As the father phrased it, "the word is given." At this point in the conversation, flustered and greatly embarrassed, Vasilike went into the neighboring tent to make some sirupy coffee. When we asked our host if his people had a dowry system, he grunted and said: "Ten years ago women took only their household equipment as a dowry; now they've started giving flocks as dowries. This accursed custom of the dowry has come up to us from the cities." Later, while we were sipping the coffee Vasilike brought, one of the shepherd boys came to play his flute for us. Because this was Saturday, the women two tents down the line had all washed their hair, with the exception of one little girl who was even then doing so in a small, shallow oven pan. The others had gotten to the stage of having their hair plaited. We could hear them at it, laughing and talking. But as the time dragged on, as darkness came down, and the sheep had not arrived, a nervousness became apparent in the camp. Everyone was marking time, waiting for the sheep.

At long last, the tension broke as we heard the flocks come nearer. They arrived at 9:30, and the available men, six in all, began the milking. A barricade of saddles, firewood, and thistles had already been made in which there was a small opening. The men seated themselves, three on a side, at the opening. The sheep were driven slowly up to the opening, and as a ewe came through one of the men would grab her by the hind leg and then proceed to milk her. Here, as elsewhere in Greece, the women never milked the sheep, nor the men the goats, although extra hands would have shortened considerably the tedious job that extended far into the night.

After the milking was well under way, Vasilike put a frying pan full of strained milk on the fire to boil. She then brought us a bowl of this warm, rich liquid to eat with bread and cheese. The bread had been purchased along the way and was paid for by cash from the milk sold en route. While

1:Sanders Z-5.4 (1952-1959) 1962 EH1 Greece EH1

In Greece today one finds an interesting mixture of traditional child-care practices and those based on Western medical knowledge. For one thing, swaddling is almost universally followed for at least three months. The peasants tell you that the baby must be swaddled if it is to grow straight, tall, and strong. This was the answer of a mother of a three-month-old infant in Leptochoria, a village near Kilkis, Macedonia. Although she had spent four years in urban Thessalonike during the guerrilla war, her ideas of child care had undergone little change. She never dreamed that there was any other way to take care of a baby than to swaddle it. She saw no need to point out the obvious advantages of being able to hang the tight little bundle under a shady limb near the field where she worked, or of being sure that the baby would not wriggle itself into a fall while the mother temporarily left the room where it was propped up.[4]

But when we talked about the field the mother said, "I took the baby with me to the field twice but each time it got sick. So the next time I go I shall leave it with a neighbor."

"Suppose you were working in the field and your husband were at home, would he take care of it?"

"Oh, he would look after it but he wouldn't change it." And then she summed up the different approaches of the two parents: "The woman will nurse the child when it cries; the man will slap it."

According to anthropologist Dorothy Lee, the child-care manuals published in Athens recommend nursing by the mother until the fourteenth month or even up to two years and deplore the use of a wet nurse; they urge against the handing of crusts or bones to the infants since fragments might lodge in the throat. Apparently, the rigid schedule of feeding which they urge is little observed in the villages, nor is the use of the crib or bassinet as substitute for the swing cradle which is in common use.

In pursuing the subject of child care, one confronts a cultural trait in Greek life — namely, an abhorrence of the naked body. One would think that the descendants of those who honored Phidias and Praxiteles would have a different conception of the body. Few, if any, Greek mothers enjoy the baby's bath as a part of the day's proceedings, for the infant's nakedness is covered as quickly as possible and no joy is taken in seeing its body in motion. This attitude of avoiding nudity persists everywhere, even in the husband-wife relationship, and contrasts strongly with the mixed bathing in the nude which one finds in many cultures or the stress upon the human form in many segments of Western society. Greeks, with whom this trait was discussed, tie it in with the Greek feeling of individualism which demands that some portions of one's personality and even the over-all view of one's body be kept to oneself — not through prudery of false modesty but because some things are never completely shared with another.

The disciplining of children in the Greek villages varies from harshness

1:Sanders Z-5 (1952-1959) 1962 EH1 Greece EH1

585 cross three times on her forehead. The procession then goes to the groom's house, and the young couple are the only ones who ride. The musicians have already arrived at the groom's house and start the music as the procession approaches. There is more shooting and the flag is now put on the groom's house. The bride, before she gets off the horse, throws an old piece of iron on the roof as a symbol of strength in her new home. The mother-in-law gives a ring biscuit cut crosswise. The bride holds it over her head and squeezes it into four pieces: one she eats, two she puts on her breast, and one she hands to her mother-in-law who offers her a glass of wine. She makes the sign of the cross with wine and returns the glass. After this a boy, both of whose parents are alive, is given her to hold. She kisses the child and gives him sweets and hangs a ring biscuit around his neck. Now the bride can dismount from her horse.

Her brother-in-law, or some other close relative of her husband, will take the bride into his arms, turn around three times, and then let her down. The dowry is unloaded and displayed. The tables are set. The wives of the relations have already brought baskets of food which are set on the table, and each small [609] family gathers around its basket. Any stranger present is allowed to sit at one of the tables. There is drinking, dancing, eating, singing. Later on, the other villagers who were not related to the groom or bride, and were therefore not invited to the wedding feast, will join the party in the courtyard or at a nearby threshing floor for a continuation of the festivities.

[606] At night, after the supper, the mother-in-law guides the couple to their room. On Monday morning she inspects the bride's nightgown to make sure that she was a virgin. Before lunchtime the bride takes a boy and goes to the fountain where she throws a coin into the water, fills a jug, and then returns. The boy retrieves the coin which belongs to him.

On Wednesday the couple gets up early and goes to the field. On the return the bride will carry on her back a bundle of wood or branches and follow her husband who leads the way back home. The first Sunday after the wedding the [574] bride will receive the female relations; the following Sunday the couple will go to church and after the service the bride returns the visits of these female kinfolk. At each home the housewife will call "cotton" to the bride, which means that she will give her a piece of cotton and will wish her "may you live and get old enough to see grandchildren." Then the marriage period is finished.

[184] Anyone even casually familiar with Greek life will realize that this authentic account differs in many respects from the wedding customs found in other parts of the country. For instance, in many villages the groom and [777] the bride go separately to the church, for it is considered bad luck for the groom to see the bride on the wedding day before meeting her at the altar. [608] Then, too, it is quite common to have both a male and female sponsor, one representing the bride's family and the other the groom's family. There are other details which are fairly common throughout the country. Supposing • [515] that the wedding is to be at six o'clock in the evening, the bride will start her bath about three o'clock in the afternoon. After this, she is perfumed. Her friends and a "wise woman" do the dressing, although in some parts

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

178 727 669 166 World War II and the guerrilla war which followed constituted another major social upheaval. Whereas the Nazi forces often wreaked vengeance for sabotage upon settlements close to the main thoroughfares, the Communist forces stayed away from the main highways and brought disaster to mountain villages, such as Valtetsi in the Peloponnesos (Chapter 6). All countries occupied by an enemy suffer social as well as economic disorganization, but the case of Greece was aggravated by the nature of the guerrilla war. In order to protect the exposed rural people and to curb the unwilling (and sometimes willing) support of the Communist forces by the villagers upon whom the guerrillas descended for food and supplies, the central government in Athens removed a number of villagers, estimated at from 700,000 to 750,000, from their homes to quarters near some town or city. Because this was a temporary resettlement, most of the villagers did [657] not become incorporated into the local economy, which was not able to utilize such a volume of labor; instead, these migrants were supported by government subsidy which provided a bare minimum of services. But, as [369] earlier chapters have shown, this exposure of from one to two years to the city had a profound psychological impact upon the women and young people. The women learned that there was an "easier" life; the young people got many new ideas about dress and beauty aids, entertainment, types of indoor jobs, and patterns of greater independence from their parents. One girl who had worked in a factory in Salonica felt ashamed to carry water when she went back to her village, and moreover she wanted a regular income.

[831] [302] According to a prominent Greek child-welfare worker, the changes following the guerrilla war ranged from shifts in such basic values as virginity, with this being less highly esteemed than before the war, to the presence of bobbed hair and permanents in villagers where they had never been seen before. Before the war, such changes had been gradual; now they came suddenly. George Sakellopoulos, the inspector of agriculture in Ioannina, summarized very clearly the impact of this population displacement for his area:

[515] During the guerrilla war the people had to go to the towns. They lived in homes much better than they had known before. They learned to wash themselves, which many had not done before. When they were persuaded to go back to their villages, they took back the changes they had seen. Many of them went back reluctantly. While they were refugees they had a subsidy. When that was [657] cut off, they could no longer remain in the town house, for they could not pay the owner, who could kick them out. A free distribution of flour was made in the village, and not in the town, so they had to go back to the village to receive it. Then the tractor operators said they would plow only the fields of those who were actually in the village; even the army helped with the plowing. At first, there were some who stayed behind in the towns because their children were in school, but eventually the families were brought together again in the village.

2:Friedl E-5 (1955-1959)/963 EH1 Greece EH1
Vasilika

Inside Vasilika's Homes

Let us first consider the house. A new two-story house has the greatest prestige, but any family that builds a new house, even if it is only the small one-room brick house, gains some standing in the eyes of the villagers, although mild ridicule of the insignificant efforts of people of low prestige is not unknown in the village.

In the two-story houses, old or new, the ground floor typically consists of two rooms, one of which has cement flooring, with stuccoed walls and a fireplace. Many families use this room for all purposes: as kitchen, living room, and as the bedroom for all the members of the family. The women cook in the small fireplace, always conserving precious wood, the annual supply of which is usually purchased in October. They place two thin logs in the form of a V so that only the point at which the logs meet actually burns.

The only characteristic of the room which qualifies it as a kitchen is a wide window ledge, hollowed out to the depth of two inches, and lined with cement. The shallow basin slopes toward the window with a short length of metal tubing pushed through the outer wall of the house. A small water container with a spigot at the bottom is hung on a side wall above the shallow cement-lined basin, and the kitchen appointments are complete. Waste water drains through the tubing out into the yard of the house. The villagers often hang some towels near the basin and wash their hands and faces there each morning. The women of Vasilika used to agitate for the construction of a sink, both because it was a sign of progress and because it would ease some of their work. In 1961 they were eagerly awaiting the piping of water into the houses.

The lower floor all-purpose room is furnished with a few straight wooden chairs with cane seats, and may also have a table and a bed. Proper beds are not essential, however, because thin pallets can be brought out at night and placed on boards resting on wooden saw horses to create a bed, or may be merely laid out on the floor. The women pile the bedding, including folded pallets, sheets, and blankets, neatly in one corner of the room and cover the pile with a white rectangular cloth bedding-cover especially designed for the purpose.

The second lower room has an earthen floor and may be used for storing household supplies, wine-barrels, and agricultural produce. Among the less prosperous families, the lower floor may consist of only one earthen-floored room in which a curtain hanging near one end separates the living section from the storage area.

The upper story, apart from the terrace, may have several rooms with wooden plank floors and stucco walls. A second fireplace, sharing a flue with the lower one, may become the focus of what the villagers call the winter room. It is a smaller version of the all-purpose room below.

The remaining second-floor room is called the *saloni*, and is best designated in English as "the front parlor." It is the ceremonial room of the house, the part in which the family represents itself to the outside world. Visitors are

2: Friedl E-5 (1955-1959) 963 EH1 Greece EH1-
Vasilika

353 The wedding crowns, white wreaths of small artificial flowers, are a necessary part of the Greek Orthodox wedding ritual, and, indeed, give a name to the ceremonial to distinguish it from an engagement. *"Stefanothikan akoma?"* "Have they been crowned yet?" is one way to ask whether a couple are married or still merely engaged. The crowns, which were blessed as part of the wedding, symbolize the founding of a new family under God, and their preservation is an expression of the desire to preserve the health and welfare of the family. That the intercession of the saints is a valuable form of assistance in coping with the problems of life is taken for granted in Vasilika; the icon with the light burning before it and the prayers addressed to the saint constitute a regular plea for the holy one's protection of the family.

342 The importance of the house as an adjunct of the life of the family is further emphasized by the request each family makes to have a priest bless a new home before the family moves in. An *ayazmos*, as it is called, places the house under God's protection, in the villagers' view, and the ceremonial is significant because building a house is a new and hazardous venture for a family whose success in this world as in the next, it is assumed, is ultimately in God's hands.

Cleanliness and Order

514 Sanitary facilities in Vasilika play a part in each family's striving for sophistication. A few households have no latrines. The majority have a small wooden outbuilding or a partitioned section of a storehouse for a Turkish-style toilet. This consists of a large excavation in the ground lined with stones and rocks, covered by wooden planks which form the floor of the latrine proper. There is no seat, but the planks are arranged so as to leave a small opening over which one squats to relieve himself. The newer facilities stand as separate structures made of brick, and the floor is cemented so that there is a slight slope toward the center opening. Finally, the best of these arrangements is one in which a specially designed ceramic floor fixture is imbedded in the cement flooring. From the villagers' point of view, the newer latrines are not valued because they constitute better sanitation, but because the villagers' urban relatives have been ridiculing them for not having some kind of toilet.

356 Just as the public world of the villagers is a world of men, so the house in Vasilika is primarily the domain of women. Women take pride in the skill with which they accomplish their many housekeeping tasks; they gain some satisfaction from completing each day's ordinary chores, as well as from the successful and skilled completion of their trousseau items. The standards of good housewifery in the village require considerable expenditure of time and energy on the maintenance of the home. Villagers value order and cleanliness—order in the sense of stylized neatness, and cleanliness as an avoidance of obvious dirt. We have already mentioned the neat piles of bedding covered with snow-white cloth. When the household has no wardrobe, there is a white covering over the clothes hanging on the wall that protects them from dust, and also creates an

2:Friedl E-5 (1955-1959):163 EH1 Greece EH1
Vasilika

impression of a single unit instead of looking like a haphazard collection of garments. Kitchen utensils as well as farm equipment are kept in the storehouses or in the part of the lower floor used for storage. Thus village rooms, even the all-purpose ones, have a bare look. Since even kerosene burners are usually kept in storage places when they are not in use, the visible equipment in village rooms is not an accurate index of the family's utilitarian property. The use of the storage spaces, always hidden behind at least a curtain if not a door, has some of the quality of the well-known circus act in which a small army of midgets emerges from a tiny automobile. Carafes of wine, chunks of cheese, eggs, coffee, olives, rice, and coffee grinders, kerosene burners, flour, troughs for carrying bread, pots and pans, as well as farm produce and equipment such as cotton, tobacco, pruning shears, long needles for tobacco stringing, chemical fertilizer, and the like, appear when they are required as one or another member of the household disappears into the storage space and, after a short time, comes out with the necessary article. Only bread and recently purchased items are commonly visible in the village rooms. The loaves are placed on a high shelf and the women sometimes cover them with a cloth.

Orderliness in the village homes, then, is the result of a preference for keeping living space fairly free of equipment needed for household and farm chores, and, indeed, keeping this equipment hidden from view. The women spend considerable time and energy taking things out and putting them away, particularly because they make no special effort to provide a regular place for each item.

What the villagers do object to is, as we have seen, the dirt, the dust, and the mud that accompany so much farm work and that they try to keep away from themselves and from their good clothes and out of their houses. Cleanliness consists in keeping mantel-covers snowy white, in washing and pounding rugs once a year, in scrubbing wooden floors and staining them with a yellow dye before a feast day, in seeing to it that steps, terrace, outhouses, and, occasionally, the entire house are whitewashed before Easter, in having washed and ironed table cloths and napkins for guests, in wiping glassware just before glasses are used so that they will shine, and in wiping grease off the edge of a plate. Cleanliness does not consist in a concern for scientific sanitation; soiled aprons, for example, may be used as dishcloths. Once a cloth has dusted or polished or dried any article, and so removed all surface evidence of soil, the article is clean in terms of the villagers' concept of cleanliness. Such cleanliness, however, is regarded as essential for good housekeeping.

The women of Vasilika have no sense of urgency about accomplishing household tasks for the tasks' own sake. Although they ordinarily wash dishes from the previous night's meal, make beds, and sweep in the early morning, other tasks, including bread-baking, are put off until conditions are favorable and they choose to do the jobs. The chores do not rule the women; the women have control of the chores. The order in which they are done, and the particular time a woman decides to work at them, is up to her. It is the end result that matters.

/16 cont./

The young lady at home virtually becomes a slave. She has to prepare warm water and wash the feet of her father and mother-in-law, do the washing, cooking, sewing, cleaning and work at the loom to prepare cloth for the family. The son has no right to object to the demands of his parents, for the services they expect /17/ from his wife. This custom throughout many centuries has become a part of their philosophy of life and naturally is a part of the good qualities of women.

The work of the women is not seasonal as the men's is. The rush of the summer season decreases in the winter months but the women have to weave, knit, sew, cook, wash the family's clothes and attend the chores. The men during the winter months come together in coffee houses and spend their day in sipping coffee, reading the newspaper and discussing politics.

Work of Husbands.

Unlike many agricultural counties where the work of the husband is more or less distributed more evenly throughout the year, here we have one crop farming that occupies the men for a few months and the rest of the year is spent in the coffee house, which serve as centers of discussion and relaxation. The effect of the coffee houses is great on the individuals.

On bazaar days the husband goes to the market where he spends his time either buying articles of food for his family or to meet his friends and study the market prices of certain commodities.

The long day. During sowing season and harvesting season, which lasts four months of the year, the family /18/ spends long daily hours in the fields. The long hours of work during the rush season obliges the farmer to take his whole family to the fields and enough food to spend the week there. Due to the systems of dividing the land, a farmer besides having six patches scattered on all sides of the village, has to walk 6 miles from the village to get to his fields. Thus the distance and the rush of the work obliges the farmer to sleep in the fields. The usual diet on such long days of hard work is white cheese, black bread, yugourt,

/66 cont./

are so affected by the circulating stories that they send their patients to /67/ the Saints as their last resort.

Crosses and certain signs are carried by strong believers. The evil eye is strongly believed in and special written prayers wrapped up in waterproof cloth hang around their necks.

Cleanliness is an asset of the Caucasians and they take weekly baths and change their clothes. The Thracians, who live more the primitive type of life, never bathe their bodies but only their heads. They still believe that the holy oil which the priest put on them at their baptism is on their body and bathing may wash it away. The influence of this belief is less among the younger generation and in the near future it may disappear. One would naturally expect more disease and sickness among the filthy Thracians, but just the opposite is proved by the figures of a survey. These people do not cooperate so strongly with the doctor and the nurse and still they have the healthiest children, the least disease and the lowest death rate. The diet of the Thracians is poorer than that of the Caucasians. They seldom cook and eat mostly raw vegetables, poorly-baked whole wheat bread, but more /68/ dairy products, such as cheese, milk, and sour milk (gioghourt).

Their clothing is made out of wool. Men, women, and children, even in the hot summers, wear woolen clothes.

Washing the teeth is unknown among these people, except among those who have had a chance to go to high school or worked in cities. There was one dentist in the nearby city and the area and the city included had a population of 130,000. He could not make his living in this population and was planning to move to a larger city and visit the area once a week.

People often think it is a crazy idea to put tooth paste in the mouth and shine the teeth. Their diet of vegetables, and black whole wheat bread keeps the teeth shining and healthy. This does not mean that there are no people with bad teeth, but they are very scarce and the local experienced dentists do the job without reward.

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/68 cont./ reward. Whenever there is a tooth-ache, whether the tooth is good or bad, the remedy is to pull it out. Often the patient is tied up against a tree and three or four people hold him while the practical dentist ties a string around the tooth and pulls it out. /69/ Often the string breaks before the tooth is out.

It has become a custom to wash the hands and mouth after a meal. It is the raw vegetables, the hard-baked bread and the ignorance of the tooth paste and toothbrush that keep their teeth healthy and strong.

Sanitary privies. The sanitary privy is one of the urgent necessities of the family, but one seldom comes across it in any village. Megali Vrisi, having had the privilege of having a doctor and a nurse, started building new sanitary privies. Many farmers still use the old method of fencing a corner and placing two large stones for the people to stand on. No ditch whatsoever is prepared for this. Fortunately, the climate is dry and everything evaporates and dries. One of the causes for extensive intestinal diseases among the young was due to these old-fashioned privies. People are learning, more and more, the source of house flies and the breeding sources of diseases among their children. Even the present privies are not so safe, but have reduced the troubles considerably.

People who still cannot believe that diseases are caused by micro-organisms, do not fully appreciate the means to combat them.

/70/ Health in relation to housing. As mentioned in the previous paragraphs, the houses were built by the farmers at a time of great necessity and there was no time to think about the sanitary side of the house. The farmers wanted a shelter for their families and thus built a square, one-room house with as few windows as possible, and with a small door to cut down the cost. Living conditions under such circumstances were naturally very unhealthy, since the whole family had to keep everything in the same room and have a family of five sleep in the same bed.

584 882 increasing freedom in the lives of young people, particularly in Athens. Yet here too the web of relationships and extended responsibility is so widespread that the family, in effect, has its eyes on the young people wherever they go.

MATERNAL AND CHILD CARE

842 The Greeks love children. Boys are generally preferred; traditionally, sons are a sign of family vigour. Besides, a family not only loses its daughters, it has to pay out property with them. Childlessness is a terrible calamity, and the woman is held responsible. People say "the poor man", pitying the husband for his wife's sterility. A recent magazine report on current scientific discoveries combats this belief, telling its readers that potent men have been found to be sterile and that therefore wives are not always at fault for the childlessness of the family. Women fear to have anything done to their reproductive organs and will accept "maternity difficulties" without asking for medical help, lest this might somehow harm their fertility. A book 581 on maternal and child care, *For the Mother*, urges that before marriage, both family histories be examined for possible sterility.

For the Mother urges young people to choose mates with a view to progeny. As a sanction, it mentions that the ancient Greeks urged eugenic marriages; and that the term "eugenics" was invented by Xenophon. Young people are advised to see a doctor before making the final decision. They are further advised to choose according to firmness of flesh and orderliness of features and limbs, for seriousness tempered with cheerfulness, for optimism implemented by effective energy. Marriage with kin, and with people having family histories of tuberculosis, syphilis, alcoholism, psychasthenia, is to be avoided.

843 According to this manual, a young woman beginning a pregnancy is expected to notice first an indisposition, accompanied by the non-appearance of the menses: this the husband diagnoses for her with great joy. Next come the food whims and the nausea, and this is the time to go for obstetrical advice. The first two months are the critical ones for the life of the embryo; therefore, a mother is urged to take a vacation in the second month. After that she may resume her normal activities, taking care only to avoid over-exertion and jerky movements [515] In the last month she should not immerse herself in bathing, because of the danger of infection; for the same reason, she should avoid sexual intercourse in the last three weeks. In the last two weeks she [513] should avoid all exertion. She should sleep eight to ten hours daily during her pregnancy, never more, lest she become listless and melancholy. She should avoid large social gatherings, she should not play cards, she should drink nothing stronger than light wine, she should eat meals as balanced as is consistent with her means and her

losis in the provinces as compared to the cities, and Greeks interviewed gave as their opinion that this was true of the health picture generally.

Doctors are very highly respected. There have been women doctors in Greece, as well as women dentists, for many years; but the village image of the doctor is one of a man. However, a woman is much freer to discuss gynecological difficulties with a woman physician. There is great reluctance to mention the genital areas, and many women do not even know the appropriate terms to use. The acceptance of the *metrica*, the maternity difficulties, may be partly due to the reluctance to have this general area exposed and examined.

The handicapped are not easily accepted in Greece. To be crippled, blind, lame, means that one is not quite a person. Children might even jeer at the handicapped without being reprimanded. Amputation is therefore a terrible calamity, because it makes a person incomplete. Such a person cannot be accorded the respect that goes with the ability to assume responsibility. Parents may discourage their daughter from marrying a one-armed man whom they otherwise like in every respect, and who is perfectly capable of making a good living. Such people are assumed to be dependent. Greeks were bewildered by an UNRRA one-armed worker. Not only was he in the wrong function, but he could not fall into any known pattern of relationship, since he insisted on being physically self-sufficient. Since he would not accept help, the Greeks were uncomfortable with him, not knowing how to treat him.

Malaria, the great scourge which increased tuberculosis through lowering resistance, and which decreased production by sapping the energy, is now almost completely defeated by the spectacular DDT campaign. In the beginning of the campaign, the specialists, unaware of the peasants' love of sleeping in their orchards on hot summer nights, sprayed only the interiors of houses; when breeding grounds were also attacked, however, the campaign was totally effective, and has been of inestimable value for the introduction of further changes, since it won the confidence of the people.

Traditionally, there is no connexion between hygienic measures and health. Cleanliness is part of being well-ordered and well-groomed, not a matter of removing germs. And cleanliness is patterned. There is a day for scrubbing the kitchen floor, for changing sheets, for changing underwear, for going to the bath; there is a time for washing the face and the hands. There were never many latrines in rural areas and the situation has been aggravated through the war; in 1948, it was reported that 98 per cent of the farmers had no latrines.

NUTRITION

The Greek meal is a family ritual. It is a social occasion, a communion of the family, which does not have to be enhanced by special